



SPECIAL POINTS OF INTEREST:

- Health & Safety Fair this week!
- New Wellness Request Form

INSIDE THIS ISSUE:

May is American Stroke Month	2
Allergy Seminar Held	2
Walk Across Texas Totals	2
Know Your Benefits	3
Organ Donor Seminar Scheduled	3

WORKSITE WELLNESS NEWS

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NEWSLETTER DATE

Surf out to the 2010 Health & Safety Expo!



**Thursday, May
6th
10am-3pm
Brazos Center**

All employees are encouraged to attend!
Each attendee will be entered into a drawing for a t-shirt and the grand prize valued at \$150.00! Don't miss out!

This year's event will include:

- Blood Drive
- Backhoe Rodeo
- Tricycle Races
- Glucose Testing
- Cholesterol Checks
- Seatbelt safety demonstration
- Vertical Jump Test
- Oral, Head & Neck Cancer Screening
- Free vision screening
- Blood Pressure Checks

New Wellness Request Form Available

Does your department have specific needs in the health and wellness area? Or, do you and a group of co-workers want to hear more about a certain wellness related topic? In an effort to make wellness activities convenient and specialized to each

department's needs, a "Wellness Request Form" has been developed by the Risk Management Department. It is now available on the City of Bryan's Wellness Website. Click [here](#) to check it out and let us bring wellness right to your department!



May is American Stroke Month

Be prepared: Know the Signs of Stroke



Every second counts if a person is having a stroke. Know the signs and share them with your co-workers, family and friends. Stroke is a medical emergency and Emergency Medical Services (EMS) should be notified immediately. Often the patient can be given medication to

decrease the long-term effects that can result from having a stroke.

Signs of a stroke include:

- Sudden numbness of the face, arm, or leg
- Slurred speech
- Loss of balance or coordination
- Vision disturbances
- Severe headache

Facts about stroke:

- Stroke is a “brain attack” and cuts off vital blood flow and oxygen to the brain
- Stroke is the 3rd leading cause of death in the United States.
- 795,000 strokes will occur in 2010

Source: www.stroke.org



Employees Learn About Allergies in the Brazos Valley

The City of Bryan's Wellness Program and Texas ENT & Allergy hosted a free wellness seminar on April 27th for all employees. Shelia Eyre, RN from

Texas ENT & Allergy spoke to attendees about common allergens in the Brazos Valley. She also explained that pollen counts in the Brazos Valley are the

highest seen in many years. The seminar also covered food allergies and insect stings. Attendees also had the opportunity to ask questions.



The results are in...Walk Across Texas a Success!

The City of Bryan had four teams participate in this year's Walk Across Texas! event. This is a FREE eight-week long physical activity program in which teams log miles with a goal of walking the 830 miles from El Paso to Orange. We hope your department will have a team next year! Here are the COB Team results:

Health Hazards: Exercised a total of 2,460.51 miles. Team members included: Delores Soto, Joey Dunn, Paul Kaspar, Mary Lynne Stratta, Rosa Soto, Wendi Kaspar, Gail McMillan and Samantha Poindexter.

Bryan Rebooters: Exercised a total of 1119.60 miles. Team members included: Denise Vajdak, Barbara Schlandt, Gus Roman, Ben Young, Matt Scoggins, Dale Kubenka, Liz Buckley and Aneya Elbert.

Bless Our Soles: Exercised a total of 981.75 miles. Team members included: Lesley Becker, Cindy Kirk, Maria Quiroga, Florencia Garcia, Howard Hart, Ann Hart, Billy Ramirez and Jeff Payne.

BCS Bookworms: Exercised a total of 868.67 miles. Team members included: Re'Dawna Jackson, April Serig, Debbie Callaway, Kendra Perkins, Susan Pare and Mindy Gallardo.

Know Your Benefits



Let our Deer Oaks Employee Assistance Program help you with the following:

- Marital/Family Problems
- Anger Management
- Simple Will Preparation
- Substance Abuse
- Work-Related Difficulties
- Legal/Financial Concerns

Log on to www.deeroakseap.com

Log on and password: cityofbryan

Stack your money into an ICMA-RC Retirement Plan

Contact Flo Garcia at fgarcia@bryantx.gov or call 209-5053 for more information on how to enroll. You may also visit with an ICMA-RC Specialist at the Health & Safety Expo on May 6th.



Save Lives. Become an Organ Donor.



Did you know that more than 50 people can be helped by one organ and tissue donor?

You are invited to attend a moving presentation given by family members of transplant recipients and the Southwest Transplant Alliance. You will also have the opportunity to sign up to become an organ donor!

**Tuesday, May 25th
2-3pm**

MSC Training Room

RSVP for this seminar by emailing Lesley Becker at lbecker@bryantx.gov or call 979-209-5050.

Upcoming CPR Classes:



May 11th (first time)

8am-5pm

MSC Training Room

May 13th (renewal)

3-5pm

MSC Training Room

Contact Howard Hart
at 209-5056
to register for a class.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050

lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.